

We claim:

1 7
2 1. A computer-implemented method for enforcing policy over a computer
3 network, the method comprising:
4 defining a template;
5 assigning a policy to the computer network;
6 monitoring a content stream on the computer network; and
7 enforcing the policy when the content stream is within a threshold distance of the
8 template.

1 2. A method according to claim 1, wherein assigning a policy includes assigning
2 a policy to limit bandwidth on the computer network for content in the content stream within
3 the threshold distance of the template.

1 3. A method according to claim 1, wherein assigning a policy includes assigning
2 a policy to limit access to a document on the computer network within the threshold distance
3 of the template.

1 4. A method according to claim 1, wherein monitoring a content stream includes
2 monitoring metadata of the content stream.

1 5. A method according to claim 1, wherein monitoring a content stream includes:
2 monitoring a portion of the content stream on the computer network; and
3 extrapolating how close the entire content stream is to the template from the portion
4 of the content stream.

1 6. A method according to claim 1, wherein monitoring a content stream includes
2 constructing an impact summary for the content stream.

1 7. A computer-readable medium containing a program operable on a computer to
2 enforce policy over a computer network, the program comprising:
3 definition software to define a template;
4 assignment software to assign a policy to the computer network;
5 monitoring software to monitor a content stream on the computer network; and

54 64 7 enforcement software to enforce the policy when the content stream is within a threshold distance of the template.

1 8. A program according to claim 7, wherein the assignment software includes
2 assignment software to assign a policy to limit bandwidth on the computer network for
3 content in the content stream within the threshold distance of the template.

1 9. A program according to claim 7, wherein the assignment software includes
2 assignment software to assign a policy to limit access to a document on the computer network
3 within the threshold distance of the template.

1 10. A program according to claim 7, wherein the monitoring software includes
2 monitoring software to monitor metadata of the content stream.

1 11. A program according to claim 7, wherein the monitoring software includes:
2 monitoring software to monitor a portion of the content stream on the computer
3 network; and
4 extrapolation software to extrapolate how close the entire content stream is to the
5 template from the portion of the content stream.

1 12. A program according to claim 7, wherein the monitoring software includes
2 construction software to construct an impact summary for the content stream.

1 13. An apparatus for enforcing policy over a computer network, the apparatus
2 comprising:

3 a computer;
4 a template stored in the computer;
5 a policy associated with the template;
6 a monitor installed in the computer adapted to monitor a content stream in the
7 computer network; and
8 a policy enforcer adapted to enforce the policy when the monitor determines the
9 content stream to be within a threshold distance of the template.
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14.

2 metadata about the content stream.

15.

2 stream includes a percentage of the network dedicated to the content stream.

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2 only a portion of the content stream on the computer network and extrapolate how close the
3 entire content stream is to the template from the portion of the content stream.

17.

2 capturing an impact summary for the content stream.

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 12-week period compared to the control group. The body mass index of the children in the experimental group also increased significantly. These findings suggest that a 12-week training program can improve the physical fitness of 10-year-old children.